



TALESPINNER

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Drill Down

Photo by Robbin Cresswell

Technical training students from the 342nd Training Squadron perform a "no man left behind" routine during freestyle exhibition drill at the 37th Training Group Drill Down Competition Saturday. The event is a time-honored tradition of military drill, which exhibits the professionalism and precision of Airmen attending technical training at Joint Base San Antonio-Lackland. The quarterly event featured teams from the 342nd TRS, 343rd TRS, 344th TRS and the 37th Training Support Squadron competing in open ranks inspection, regulations drill and free-style exhibition drill. The 342nd TRS won the overall title.



Cost Conscious

Let's look at ways of cutting expenses, saving money, says AETC commander PG2

Combatives Course

Fort Hood Soldiers share Army battle skills with BMT, tech school instructors PG12-13



Commander's Cup

Warhawks hope homefield an edge in men's tourney PG19

Cost-conscious culture

Doing a little reaps big savings

By Gen. Edward A. Rice Jr.
Commander, Air Education and Training Command

Fellow members of the Air Education and Training Command team, thank you for all you do to keep our Air Force and our nation strong. As I travel around our command, I see firsthand how magnificently you are executing our recruit, train and educate missions and I want you to know how proud I am to be on your team.

Our ability to continue to execute our mission with excellence is directly related to how we manage our resources. While it is clear we will have fewer resources available in the future, I am convinced we will have the resources we need if we use those resources wisely. Said another way, we will have the dollars we need, but not one penny to waste.

One of the ways each of us can ensure we are using our precious resources judiciously is through participation in what we are calling a Culture of Cost Consciousness, or C3. C3 is about attaining a higher level of understanding about the costs of our daily activities. It is about all of us finding ways to save small amounts of money that collectively will add up to saving large amounts. It is about harnessing the power of open communication to share ideas that work. It is about having a stake in the future and taking responsibility to shape that future in a positive way.

C3 is not a new program; rather it is a new culture. It is not about learning a new

set of skills or a complex rule set. It is not about quotas for savings or mandatory participation.

In fact, each of us already has all the tools required to join the cost conscious culture. Those tools are our powers of observation and a willingness to question the costs of what we observe. I will give you a few personal examples to illustrate this point.

When I go TDY, I normally travel on military aircraft that operate out of Joint Base San Antonio-Randolph. The airfield is normally closed weekends, so if I need to depart or return on a weekend I fly out of San Antonio International Airport to avoid the cost (overtime) of opening the airfield.

Before C3, I assumed this was the most cost effective way to operate. However, after C3 I asked the question, "Is it really cheaper to fly out of San Antonio since we end up paying a private contractor there to service the aircraft?" After doing a little research, we found that there are times when it is actually cheaper to open the field at Randolph than it is to operate out of San Antonio. We now do the cost comparison for each trip when I'm departing or leaving on a weekend, and we are saving money ... C3!

Another example: For many years AETC headquarters has leased a surrey that is suitable for transporting distinguished visitors when they visit our command. Before C3, I probably would have automatically renewed the lease since we need a way to transport visitors, and, "We've always had a DV surrey." After C3 I asked, "How much does this lease cost and do we really need

this surrey?" In short, the answer was, "It costs a lot and we have other surreys that are suitable for transporting DVs." Result: we cancelled the lease and are saving thousands of dollars ... C3!

The other day while drying my hands in the men's room, I looked down at the paper towel and wondered whether it would be less expensive to use hand dryers instead. An internet search indicated hand dryers could be 95 percent less expensive than paper towels. Even if half true, conversion across the command to hand dryers could potentially save big bucks ... C3!

I could go on, but you get the point. C3 is about a different way of looking at everything we do and each of us already has the tools to make a difference.

If each of us found ways to save only \$3 a day, we'd collectively save more than \$37 million in six months. That's the power of numbers. Each of us doing a little, results in all of us doing a lot. With this in mind, I'm setting a goal for C3 savings. Let's each try to save \$3 a day and see if we can collectively save \$37 million by Dec. 31. Participation is not mandatory, but I'm betting most of you will want to get on the C3 train.

To find out how you can be part of the AETC C3 culture, visit the AETC web page at www.aetc.af.mil and follow the link to the AETC C3 site. You can also follow our progress with me on Twitter at #aetcboss or share your ideas and comments on Facebook at www.facebook.com/#!/AirEducationandTrainingCommand.

Thanks again for all you do every day!

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JOINT BASE SAN ANTONIO COMMANDER'S ACTION LINE

The Action Line is your avenue for addressing issues you've been unable to resolve through your chain of command or an appropriate agency.

It also allows you to give feedback and recognize outstanding people and units.

If you leave your name and telephone number or email address, you will receive a reply.

Your contact information allows us to obtain more information, if needed, to help resolve your issue.

To submit an Action Line comment, email the JB-SA-Lackland Public Affairs Office at actionline@lackland.af.mil.

For issues related to the Wilford Hall Ambulatory Surgical Center, call the WHASC Action Line at 210-

292-4567, or email your request to 59mdw.pa@us.af.mil.

For issues related to basic training or technical training, email the 37th Training Wing at 37TRW.PA.INBOX@us.af.mil.

Items of interest may be printed in the Lackland Talespinner.

Anonymous inquiries will not be published.

NEWS IN BRIEF

SNCO INDUCTION CEREMONY

The Joint Base San Antonio senior NCO induction ceremony is Saturday at the JW Marriott resort.

For ticket information, contact:

JBSA-Lackland — Master Sgts. Rebecca Luckie, 210-671-8129; or Paul Zavitz, 210-671-8038;

JBSA-Randolph — Master Sgt. Cindy Wittnebel, 210-565-4825;

JBSA-Fort Sam Houston — Master Sgt. Debra Massa, 210-808-0215.

802ND MSG SECOND QUARTER AWARDS

The 802nd Mission Support Group second quarter awards ceremony is Thursday, 7:30 a.m., at the Gateway Club.

The cost is \$10.24 for club members and \$12.50 for non club members.

For more information, contact Tech. Sgt. Nicholas Tennin at 210-671-6616 or Staff Sgt. Shayla Johnson at 210-671-5583.

SECURITY HILL TECHNOLOGY EXPO

The Security Hill technology exposition, hosted by the Joint Information Operations Warfare Center, is Thursday, from 10 a.m. to 2 p.m., at the Kisling Community Center.

More than 20 exhibitors will demonstrate the latest in state-of-the-art communications, video and multimedia presentation capabilities, distance learning, integrated services, transport solutions, data management and storage, network encryption solutions, and hardware and software applications.

Visit www.FederalEvents.com to pre-register for the event.

For more information, contact Lauren Kohr at 443-561-2454.

RETIREMENT PLANNING SEMINAR

The Alamo Federal Executive Board will sponsor two retirement planning seminars in July at Education Services Center 20, 1314 Hines Avenue.

A seminar for employees in the Civilian Service Retirement System is July 13, 8:30 a.m. to 3:30 p.m. The Federal Employee Retirement System seminar is July 23, 8:30 a.m. to 3:30 p.m.

The seminars provide information on the federal retirement system, Thrift Savings Plan, Social Security benefits, Federal Employees' Group Life Insurance and survivor benefits.

For details and registration, visit <http://sanantoniofeb.org> or contact Bruce Bebow at 210-565-1860.

Fast track

Planning key to enlisted promotions

By Debbie Gildea

Air Force Personnel, Services and Manpower Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas — It is up to you to get promoted, Senior Master Sgt. Jeff Noxon, Air Force Personnel Center enlisted promotions and testing superintendent, advises enlisted members.

The enlisted promotion system is based on several weighted factors, most of which are within the member's control, he said. Those factors include time in service, time in grade, decorations, enlisted performance report ratings, the promotion fitness exam score, and the skills knowledge test score.

"Time is a factor in the promotion system — time in service and time in grade — so a lot of young Airmen think they can't get promoted because they're too junior, but that's not necessarily the case," said Noxon.

Time in service is worth 1/2 point per month, six points per year, and time in grade is worth 1/6 point per month (two points per year).

"That's a pretty small number compared to 100 points possible for each of the tests, and test preparation is solely in the Airman's hands," Noxon said.

Performance reports are worth 135 points, maximum, and the maximum number of points possible for decorations is 25.

"Some people think that EPRs and decorations are subjective, or dependent on what your supervisor thinks you deserve," Noxon said, "but the evaluation process has very clear criteria and checks and balances up and down the supervisory chain to help maintain process integrity. Ultimately, Airmen who work hard to develop their job and leadership skills are going to get the right evaluation. Whether or not you get promoted depends a lot on your determination and your work ethic," Noxon said.

Even the first three promotions



U.S. AIR FORCE ENLISTED RANKS

depend on the Airmen, although they may appear to be automatic.

"Yes, time is a factor and an airman basic or airman can't get promoted early, but behavior counts," he explained. "Being eligible doesn't mean your commander will recommend you, so you have to work hard, learn your job, study the Air Force culture and behave in a way that tells your peers, supervisor and commander that you're ready for more responsibility."

That hard work could be the ticket to early promotions down the road.

An airman first class is eligible for promotion to senior airman after 36 months of time in service and 20 months of time in grade or 28 months of time in grade, whichever occurs first, Noxon said. However, they are eligible to be considered for below-the-zone promotion to senior airman six months before that time. So being prepared for that opportunity could set the pace for the rest of a member's career.

"If you excel on duty, participate in off-duty programs, do well on your

career development course exams and set the example as an Airman, you're a good candidate for below-the-zone promotion," Noxon said. "If selected, you could be eligible to test for staff sergeant when your peers are sewing on senior airman. That would put you a year ahead of others in the promotion process."

How well an Airman does on the two promotion tests could be just the beginning.

Senior airmen must have 36 months of time in service and six months of time in grade to be eligible to test for staff sergeant. Staff sergeants must have 23 months of time in grade to test for technical sergeant, and technical sergeants require 24 months in grade to test for master.

"It's a challenge to do so because there are so many factors involved, but it's possible for a sharp, fast-burner to make it to master in less than 10 years," Noxon said. "Again, it's in your hands."

Although getting promoted is the Airman's responsibility, Noxon reminds members that they are not alone in the process.

"Airmen can't study together, but they can seek guidance and mentorship from senior noncommissioned officers," Noxon said. "Testing is only part of the process, and long before an Airman can test, other factors are already in play. An Airman may have two performance reports before testing and opportunities to earn a decoration, so looking for a mentor to help guide you is important."

Enlisted Airmen can positively, or negatively, impact every promotion opportunity. Those who aggressively pursue opportunities, find a mentor, and work hard are the ones who will be promoted.

"Any Airmen — you — can do that. You can be the fast burner, because your promotion is in your hands," Noxon said.

For more information about Air Force promotion systems or personnel issues, visit the myPers website.

AF launches total force personnel services survey

By Tech. Sgt. Steve Grever

Air Force Personnel, Services and Manpower Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas – Air Force officials began distributing an online survey today to thousands of Air Force, Air National Guard, Air Force Reserve and civilian members to solicit feedback about their experiences using the myPers-Total Force Service Center and myPers website.

Mary McAfee, Air Force TFSC quality assurance project lead, said the survey will run for 60 days and provide personnel officials with direct comments from their customers.

“This survey will help us understand our customers’ habits and needs and how well we’re meeting their expectations,” McAfee said. “We will use the feedback to develop and implement improvements, revise procedures and make note of where we are

successful so we can replicate those successes.”

Officials encourage all total force members to participate in the survey to enable Air Force leaders to gauge the effectiveness of the myPers-TFSC.

“The Air Force vision for personnel services and the myPers-TFSC is to offer more online applications and information so our members can use myPers for as many of their personnel service needs as possible. We want to automate personnel processes from start to finish and consolidate where possible to the myPers-TFSC,” she said.

The myPers-TFSC and myPers website seamlessly mesh Air Force online personnel services, telephone and transaction support capabilities to provide first-class personnel support to total force Airmen.

For general information about personnel services and programs, visit the myPers website.



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Blue Star Museums is a collaboration among the National Endowment for the Arts, Blue Star Families, the Department of Defense, and more than 1,500 museums.

Fortitude pays off for intel officer

By Wayne Amann

Air Force ISR Agency Public Affairs

Capt. Mary Jane Brence is the 2012 Federal Asian Pacific American Council Military Meritorious Service Award winner.

Brence was given the honor May 3 at FAPAC's 27th Annual National Leadership Training Conference in Atlanta. She joined six other military members and nine civilians recognized at the event.

"I'm deeply honored, humbled and proud to have been selected to represent the Air Force, its people and heritage," she said.

FAPAC conducts the conference to coincide with the Federal government's observance of Asian Pacific Heritage Month.

The FAPAC theme for 2012 is "Striving for Excellence in Leadership, Diversity and Inclusion," and Brence's citation, which accompanied her award, reflected the theme.

It read, in part, "Captain Brence led deployed Airmen, aggressively providing actionable intelligence to Operations Odyssey Dawn and Unified Protector ... Orchestrating more than 150 mission reports vital to the targeting and planning efforts."

She also tracked Libya's defense order of battle, providing life-saving intelligence support to 137 coalition aircrew. At the Air Force ISR Agency she articulated the space study working group's input

defining the Agency's Top 10 space issues."

Plus, "as President of the Joint Base San Antonio Asian American Pacific Islander Heritage Committee, she coordinated (the) Vietnamese-American veteran's presence at the Tet Offensive Memorial ceremony and the Air Force Security Forces Museum re-opening."

"I was fortunate to have been involved in a plethora of unique opportunities over the past year," Brence said. "I was determined to excel in all I do."

Her determination was forged from humble beginnings as chronicled in the narrative justification for the award.

Brence was born in Vietnam. Her family risked death fleeing to freedom, enduring a harrowing sea voyage and life in refugee camps to reach the United States.

Devoid of possessions or knowledge of English, she worked hard to learn her new culture and language.

She became a U.S. citizen, earned an appointment to the U.S. Air Force Academy, and was commissioned a second lieutenant in 2007.

"The Air Force has given me many opportunities to learn and grow, including graduating from the academy, language training and emersion, being stationed overseas and deployments," Brence said. "I believe in the American dream because as an immigrant to this country, I'm living it."



Photo by Laurie Zaleski

Capt. Mary Jane Brence, Air Force Intelligence, Surveillance and Reconnaissance Agency, poses May 3 with her husband, Capt. Nicholas Brence, 341st Training Squadron, following her acceptance of the 2012 Federal Asian Pacific American Council Military Meritorious Service Award.

Airman gets AFMS senior leadership award

Story and photo by Staff Sgt. Micky M. Bazaldua
59th Medical Wing Public Affairs

A member of the 59th Medical Wing is the recipient of the 2011 Air Force Medical Service Senior Noncommissioned Officer Leadership Award.

Master Sgt. Lorraine A. Hieskill, superintendent of the 59th Surgical Inpatient Squadron, was recognized May 29 at the San Antonio Military Medical Center, Joint Base San Antonio-Fort Sam Houston, by top AFMS leadership for her outstanding contributions.

Lt. Gen. (Dr.) Charles B. Green, Surgeon General of the Air Force, and Chief Master Sgt. Charles R. Cole, chief of the Air Force medical enlisted force, presented the very first award of its kind to Hieskill. Other senior leaders attending the event included Maj. Gen. (Dr.) Byron Hepburn, commander of the 59th Medical Wing, and Maj. Gen. Ted Wong, commander of Brooke Army Medical Center.

"I couldn't be prouder that it hap-



Lt. Gen. Charles B. Green, Surgeon General of the Air Force, presents Master Sgt. Lorraine A. Hieskill, superintendent, 59th Surgical Inpatient Squadron, with the Air Force Medical Service Senior NCO Leadership Award as Chief Master Sgt. Charles R. Cole, chief of the Air Force medical enlisted force, looks on.

pened down here at the San Antonio Military Medical Center, the place where we're integrating and bringing people together," said Green.

The prestigious honor is awarded to

only one senior NCO in the medical service. In the past, the awards program cited a winner in each of the 17 medical specialty career codes.

Cole described the award as some-

thing "given to those who develop and care for Airmen and their teams."

"We have over 2,000 senior enlisted members in the U.S. medical service, and to be number one is pretty telling. It's what you do every day, the integrity with which you lead, that led to you being recognized at this level," Cole said during the presentation.

Hieskill, who is currently assigned to SAMMC, was recently recognized by Hepburn as the 2011 Senior NCO for the 59th MDW.

"It's not about the uniform we wear, but who we bring to the fight and how we bring each other up. I couldn't be happier than in the section I work with," said Hieskill. "The Soldiers taught me everything I needed to know to take care of other Soldiers, and allowed me to teach them so they could take care of our Airmen. It has been an awesome experience and I wouldn't change it for the world."

"I'm proud to be here and I'm proud to be in the Air Force," she added.

BMT HONORS

Congratulations to the following 48 Airmen for being selected as honor graduates among the 482 Air Force basic military trainees graduating today:

320th Training Squadron

Flight 415

Don Chandler
Ryan Handley
Andrew Hansen
Ross Haynes
Cody Howey
Donald Irwin
Jarod Pytel
Robert Rice

Flight 416

Skylar Brock
Brittany Hall
Demarsha Williams
Taylor Williams

321st Training Squadron

Flight 421

Tyson Foster
Ellis Hinton
Jesson Marfil V

Kyle Nelson
Brian Rafael

Flight 422

Sabrina Clutter
Brittany Jackson
Rebecca Ricciardi
Cassandra Roll
Rebekah Ulmer
Megan Vandermolen
Ashlee Wheeler

322nd Training Squadron

Flight 417

Jordan Benitez
Anthony Stribling
Cameron Wheatley

Flight 418

Zachary Huber
Stephen Matamoros

323rd Training Squadron

Flight 419

John Aldama
Max Blair
James Blose

Schaeffer Bonner
Christofer Clay
Cole Dooley
Kevin Doty
Eric Fontaine
Douglas Valdes
David Wharton
Ryan Williams

326th Training Squadron

Flight 413

Anthony Gaston
Patrick Gomoljak
Kyle Jollymore
Daniel Kim
Cole Leigh
Christopher Mendoza
Joshua Northrup

Flight 414

Jonathan Mhuffman

Top BMT Airman

Brian Rafael, 321st TRS, Flight 421

Most Physically Fit

Male Airmen

Seth Howard, 323rd TRS, Flight 419

David Tee, 323rd TRS, Flight 420
Joshua Young, 323rd TRS, Flight 419
Jeremy Dosh, 322nd TRS, Flight 417

Female Airmen

Jessica Alexander, 320th TRS, Flight 416
Tanika Lee, 320th TRS, Flight 416
Jacqueline Kramer, 321st TRS, Flight 422
Brittany Jackson, 321st TRS, Flight 422

Male Flights

323rd TRS, Flight 419
323rd TRS, Flight 420
326th TRS, Flight 413

Female Flights

321st TRS, Flight 422
320th TRS, Flight 416

Top Academic Flights

320th TRS, Flight 415
323rd TRS, Flight 419
321st TRS, Flight 421



Our Puppy Program is looking for enthusiastic foster parents!

Worldwide need for detection dogs has increased dramatically. The Department of Defense Military Working Dog Breeding program breeds to meet the growing requirement for security at home and abroad.

A large part of the success of this program is dependent upon volunteers to provide temporary homes for developing puppies.

The 341st Training Squadron at Joint Base San Antonio- Lackland operates a breeding program for military working dogs in support of the Department of Defense Military Working Dog program. These dogs are a vital part of our national defense and serve in Army, Navy, Air Force and Marine Corps units around the globe.

You can become part of this important effort by volunteering your home and time to raise a military working dog.

Who can help? We are looking for families that:

- have the time and patience to raise a young puppy from eight weeks to seven months of age,
- have a home that will provide a stimulating and safe environment for a young puppy, and
- have the desire and interest to learn how to raise a future military working dog.



Department of Defense Military Working Dog Breeding Program

If you are interested in becoming a part of our foster family or would like more information on this great program, please contact us!

Call us at 210-671-3686, or email us at 341TRSPP@lackland.af.mil

Fireworks Safety

Fireworks during the Fourth of July are as American as apple-pie, but did you know that more than twice the number of fires are reported on that day than on any other day of the year in the United States? Two out of five of these fires are caused by fireworks. The good news is you can enjoy your holiday and the fireworks, with just a few simple safety tips:

PROCEED WITH CAUTION!

- » Leave fireworks to the professionals. Do not use consumer fireworks.
- » The safest way to enjoy fireworks is to attend a public display conducted by trained professionals.
- » After the firework display, children should never pick up fireworks that may be left over, they may still be active.

CONSUMER FIREWORKS

include sparklers and firecrackers. The tip of a sparkler burns at a temperature of more than **1,200 degrees**

Fahrenheit, which is hot enough to cause third-degree burns.



FACTS

- ! Each July Fourth, thousands of people, most often children and teens, are injured while using consumer fireworks.
- ! The risk of fireworks injury is highest for children ages 5-14.
- ! More than 80% of emergency room fireworks injuries involve fireworks consumers are permitted to use.

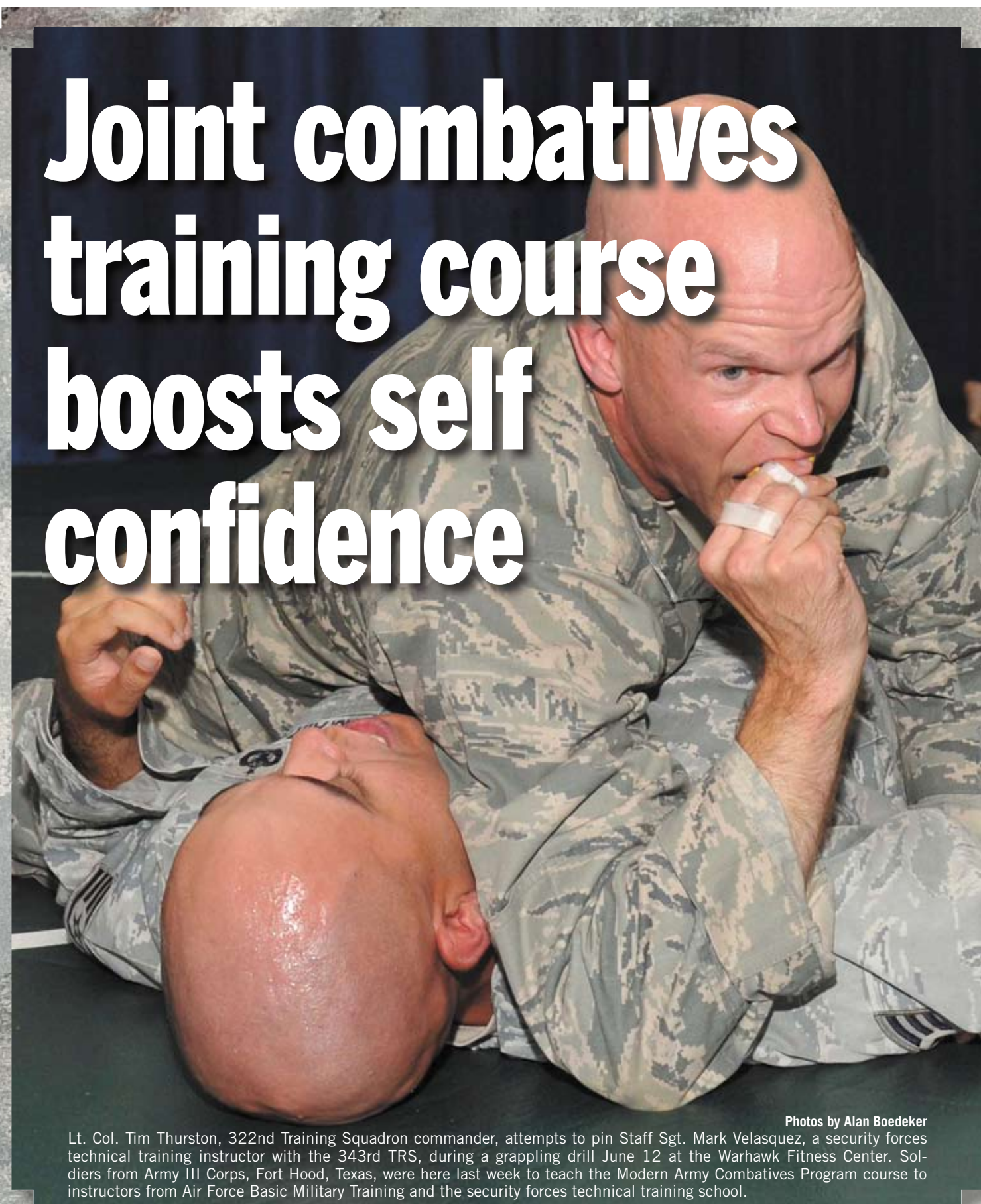


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Joint combatives training course boosts self confidence



Photos by Alan Boedeker
Lt. Col. Tim Thurston, 322nd Training Squadron commander, attempts to pin Staff Sgt. Mark Velasquez, a security forces technical training instructor with the 343rd TRS, during a grappling drill June 12 at the Warhawk Fitness Center. Soldiers from Army III Corps, Fort Hood, Texas, were here last week to teach the Modern Army Combatives Program course to instructors from Air Force Basic Military Training and the security forces technical training school.



Staff Sgt. Elbert Fish, military training instructor with the 321st Training Squadron, fights off Staff Sgt. Jesse Armstrong's attempt at a cross collar choke during combatives training June 12 at the Warhawk Fitness Center. Armstrong is a security forces technical training instructor with the 343rd TRS.



Army Sgt. 1st Class Jesse Thorton, NCO in charge of the Army III Corps combatives program at Fort Hood, Texas, demonstrates the cross collar choke on Air Force Staff Sgt. Mark Velasquez, technical training instructor with the 343rd Training Squadron, June 12 at the Warhawk Fitness Center.



Tech Sgt. Daniel Duhaime staves off Tech. Sgt. Jason Dearing's attempt at setting up an arm bar from mount during combatives training June 12 at the Warhawk Fitness Center. Both NCOs are members of the cadre staff at the Basic Expeditionary Airman Skills Training complex.

By Mike Joseph
Senior Writer

After spending five days in a joint combatives "train the trainer" course, Air Force participants gained a valuable benefit in becoming certified to teach both Modern Army Combatives and Basic Air Force Combatives.

"Confidence," said Lt. Col. Tim Thurston, 322nd Training Squadron commander, a reaction echoed by others who participated in the Modern Army Combatives Program Level I course last week at Joint Base San Antonio-Lackland's Warhawk Fitness Center.

Instilling self-assurance into those who teach combatives in Air Force Basic Military Training and Security Forces technical training was a top priority for the course instructors. They anticipate self confidence to become a byproduct of the technique-teaching process.

"It's all about confidence – that's the end goal," said Tech. Sgt. William Rider, 319th TRS, who oversees the basic training combatives program. "We have a limited combatives program right now in BMT (three hours). We're establishing an expanded program in the future so when Airmen go to technical school or a base with a combatives program, they already have the knowledge of basic body positioning and grappling."

Army Staff Sgt. Torrey Spence, Army III Corps combatives program assistant NCO in charge at Fort Hood, was one of two Army instructors who taught the course.

He, too, emphasized the self-confidence Airmen will gain when the newly certified instructors begin implementing the program.

"The main thing we stress about the basic combatives course, whether it's Air Force or Army, is the Airman or Soldier has to have confidence to do these techniques," Spence said. "This course gives them that. We call it reality based training – train like you fight."

"Along with the confidence, it builds the warrior ethos," he said. "The definition of a warrior is the willingness to go the distance in a fight. We want every Airman or Soldier to have that."

A majority of the 17 participants in the course were military training instructors as basic training prepares to expand its combatives course.

"Col. Palmer's (Col. Glenn Palmer, 737th Training Group commander) intent is to have a realistic and safe combatives program," Rider said. "He wants something for Airmen because we teach warrior ethos and because of the joint mission, we'd like a program in place to give them physical conditioning and the grappling experience, which creates unnatural and uncomfort-

able positions."

The Army program teaches how to control the range between fighters, gain and maintain a dominant body position, and to finish the fight when a dominant body position has been established.

Participants were taught hand-to-hand techniques to create space and engage with a primary weapon, how to maintain space and employ a secondary weapon, and how to achieve a dominant clinch position.

"After taking this course, you not only have confidence in your teammates, you have self-confidence to defend yourself," Thurston said. "We are the best fighting force in the world because we believe we are. What we've learned in this training, we can pass down. It will make us a better fighting force."

Staff Sgt. Jesse Armstrong, one of three 343rd TRS instructors who took the course, said it will be beneficial to students in security forces technical training.

"It gives me the confidence to know I'm teaching students the right way, to help them not just learn the moves, but if it happens to them they will know how to react," Armstrong said. "It's given me a boost of confidence to know I can go into a hand-to-hand fight and win or come out on top."

"By starting this training at tech school, I think as it spreads out it's going to help every Security Forces squadron," she said.

Summertime offers additional opportunities for PLAYpass use

By Eric M. Grill

AF Personnel, Services and Manpower Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas – Eligible Airmen and their families can use the PLAYpass, Get Out and PLAY program to save hundreds with discounts in recreational and life skill classes this summer.

PLAYpass cards, valued at more than \$500, allow single Airmen returning from deployments, families of deployed Airmen, and families of Airmen at dependent-restricted assignments to participate in Air Force Services activities such as trips, sports and childcare at either a reduced cost or free of charge.

“Summer activities offer opportunities to use this great quality of life program aimed at supporting Airmen and their families at all stages of deployment,” said Linda Weston, an Air Force Services Agency marketing specialist.

“Using the PLAYpass card to pay for the summer pool pass, and swim lessons is an excellent start to enjoying the summer,” she said.

The PLAYpass card can also be used for some of the installations’ youth summer camps and programs.

For on base activities, the PLAYpass card is available for activities including golf and ballroom dance lessons.

The youth center and bowling center adjusted their programs to provide punch cards so children may use the activities multiple times, but only have to pay using the PLAYpass card once.

For off-base travel opportunities through outdoor recreation, the PLAYpass card may be used for (outdoor adventure trips),” Fredrickson said.

Since the Air Force program launched in 2011, and later expanded to include dependent restricted assignments, more than 37,000 eligible members have participated in PLAYpass, Weston said.

The PLAYpass program runs through Dec. 31, 2012.

For more information on the PLAYpass program and qualifying morale, welfare and recreation programs, visit www.MyAirForceLife.com or call your local force support squadron.

READING IS SO DELICIOUS



Photo by Sharon Amann

Daisy Gonzalez, library technician and storyteller, leads the “Reading is so Delicious” program June 15 at the Joint Base San Antonio-Lackland Base Library. More than 120 children visited the library to listen to Gonzalez read *Jack and the Beanstalk*, and to plant seeds in pots to take home later. The event kicks off the library’s summer reading program, which is designed to keep children interested in books during the summer with programs, crafts and prizes.

For more news and information!

www.lackland.af.mil

Edwards Aquifer Level

in feet above sea level

STAGE II

**CURRENT
LEVEL**
644.6'

Normal - above 660'
Stage I - 660'
Stage II - 650'
Stage III - 642'
Stage IV - 640.5'
Stage V - 637'

For water restrictions, visit www.502abw.af.mil



Holiday Artwork Contest

**The USAF Band of the West is seeking
artists and graphic designers**

Eligibility: San Antonio Area residents, any age

What: Design cover artwork for
2012 Holiday in Blue concert program

When: JPG design must be received by July 1, 2012
Submit Design to: band.media@usa.af.mil

Chosen artwork will be featured on all
Holiday in Blue promotional materials, and
the artist will be recognized as a
featured guest at all performances this December.

For more information
visit www.bandofthewest.af.mil



LOCAL BRIEFS

JBSA-LACKLAND OPERATION GIVEBACK

The American Logistics Association will sponsor Operation Giveback, a gift drive to benefit Joint Base San Antonio-Lackland military families, the weekend of June 29-July 1.

Companies representing the American Logistics Association will offer additional savings and discounts to base exchange customers during Operation Giveback. The ALA will also donate merchandise and gift cards to the drive. Events that weekend include wine tastings, product demonstrations and special savings.

Donations will directly benefit JBSA-Lackland families, and collection points will be located at the main exchange entrance.

KELLY FAMILY HEALTH CLINIC RELOCATION

The Kelly Family Health Clinic will reopen Monday at the Wilford Hall Ambulatory Surgical Center, and become the Family Health Clinic.

Patients requiring non-emergency medical needs during the clinic's relocation should call 210-916-9900 for appointments.

The new clinic's entrance at WHASC is located on the first floor across from the Internal Medicine Clinic. Patient parking is in Lot C. For details, call 210-925-6336.

HAWC TOBACCO CESSATION CLASSES

The Health and Wellness Center offers free tobacco cessation classes for Department of Defense health-care beneficiaries the first Tuesday of every month in Bldg. 2513 at 3 p.m.

The classes offer proven methods for quitting, and combine brief counseling with medications. The program runs for four consecutive weeks.

For more information, contact Shannon Jones at 210-925-6301.

KELLY FAMILY MEDICINE PHARMACY MOVE

The Kelly Family Medicine pharmacy will reopen Monday in the Wilford Hall Ambulatory Surgical Center.

Family Health Clinic and Internal Medicine patients should pick up prescriptions at the WHASC clinic pharmacy, located on the first floor. The pharmacy is open 7:30 a.m. to 5 p.m.

Patients in the pediatric, allergy,

pulmonary, OBGYN, cardiology, ear, nose and throat, dermatology, orthopedics, ophthalmology/PRK, mental health, gastro, endocrinology, neurology, pain, and optometry clinics will pick up medications at the main pharmacy. The main pharmacy is open 7:30 a.m. to 4:30 p.m.

The Urgent Care Clinic pharmacy services urgent care, same day surgery, urology, podiatry and orthopedics patients. The UCC pharmacy is open 6 a.m. to 11 p.m.

For details, call 210-292-0522.

PEDIATRICS CLINIC REMODEL

Remodeling of the Wilford Hall Ambulatory Surgical Center Pediatrics Clinic begins Wednesday and continues through July 3.

Pediatric patients with acute medical concerns should go to the Pediatric Adolescent Medicine Clinic at WHASC, which is located on the first floor next to the Allergy/Immunization Clinic.

Patients requiring non-emergency medical appointments should call 210-916-9900 for appointments.

KELLY DENTAL CLINIC RELOCATION

The Kelly Dental Clinic will relocate its services to the Dunn Dental

Clinic, Bldg. 6418, by July 31.

For information, contact Tech. Sgt. Nana Saahene at 210-671-9761 or Master Sgt. Janene Buchanan at 210-925-1846.

AF SERVICES SCHOLARSHIPS

Air Force Services will give away 25 \$1,000 scholarships this year to current Air Force club members, spouses, dependent children or step-children, and dependent grandchildren of club members who have been accepted or are enrolled for the fall 2012 semester as a full or part-time student in an accredited college or university.

Scholarships are awarded for the essay contest topic, "What do the words to America the Beautiful mean to me?"

Applications are available at www.afclubs.net. The submission deadline is July 2.

RETIREE OFFICE SEEKS DIRECTOR

The Lackland Retiree Activities Office needs a volunteer to serve as office director.

For additional information, call 210-671-2728/9182, email Robert Zaske or visit the office in Bldg. 5616, Room 129.

NEW UNIFORM AVAILABLE ONLINE

The new Ripstop Airman Battle Uniform is now available at the Army and Air Force Exchange Services website, www.shopmyexchange.com.

This lightweight permanent press fabric is a 50/50 nylon-cotton blend that includes pockets to hold small tools, flashlights or cell phones. There are four pockets on the front of the shirt and a small pencil pocket on the left forearm.

The new RABU will be available in stores this fall.

TRIBUTE TO TROOPS CAR DISPLAY, RACE

The Tribute to Troops race car is on display July 4 at the Wounded Warrior Family Support Center on Joint Base San Antonio-Fort Sam Houston. The Tribute to the Troops exhibition race is July 7 at 1-37 Raceway. Proceeds benefit the Center for the Intrepid at Fort Sam Houston. Call 210-528-0620 for details.

RETIRED ENLISTED MEETING

Retired Enlisted Association, Chapter 80, meetings are held at the Gateway Club every fourth Wednesday of the month at 1 p.m. For details, call Don Higginbotham at 210-658-2344.

CHAPEL SERVICES

Christian

Catholic

Monday-Friday:

Freedom Chapel

Daily Eucharist, 11:30 a.m.

Saturday:

Freedom Chapel

Eucharist, 5:30 p.m.

Reconciliation after Eucharist

Sunday:

Freedom Chapel

Religious Ed., 9 a.m.

Eucharist, 11 a.m.

Spanish Mass, 8 a.m.

Orthodox

Saturday:

Airmen Memorial Chapel

Divine Liturgy, 9:30 a.m.

Religious Ed., 10:45 a.m.

Protestant

Saturday:

Gateway Chapel

Seventh-Day Adventist

Service, 12:30 to 2:30 p.m.

Sunday:

Airmen Memorial Chapel

Liturgical Service, 8 a.m.

Freedom Chapel

Contemporary Service,

9:30 a.m.

For more details, contact

Freedom Chapel
671-4208

Gateway Chapel
671-2911

Hope Chapel
671-2941

Gospel Service,
12:30 p.m.

Children's Church provided

Religious Ed., 11 a.m.

Wednesday and Thursday:

Bible Study, 6 p.m.

Sunday:

Hope Chapel, Bldg. 10338

The Church of Jesus Christ of Latter Day Saints
8-10 a.m.

Islamic

Friday:

Global Ministry Center, Bldg. 7452

Friday:

Jummah Prayer, 1:15 to 2:15 p.m.

Sunday:

Religious Ed., 9-11 a.m.

Jewish

Friday:

Airmen Memorial Chapel

Sabbath Eve Service,

4 p.m.

Sunday:

Religious Ed., 12:30 p.m.

Wicca

1st Wednesday:

Freedom Chapel Room 8,

San Antonio Military Open Circle, 6 p.m.

Buddhist

Sunday:

BMT Reception Center,
10 a.m. to noon.

Eckankar

Every first, third, fifth Saturday:

Gateway Chapel

12:30 to 1:30 p.m.

Baha'i

Every first, third, fifth Sunday:

Gateway Chapel

11 a.m. to noon

KEY FAMILY SUPPORT RESOURCES

Air Force Aid Society	671-3722
Airman & Family Readiness Center	671-3722
Airman's Attic	671-1780
Base Post Office	671-1058
Bowling Center	671-2271
DEERS	800-538-9552
Exceptional Family Member Program	671-3722
Family Child Care	671-3376
Legal Office	671-3362
Library	671-3610
Medical Appointment Line	916-9900
MPF ID Cards	671-6006
Outdoor Recreation	925-5532
TRICARE Info	800-444-5445
Thrft Shop	671-3608

Lackland Enlisted Spouses' Club	www.lacklandesc.org
Lackland Force Support Squadron	www.lacklandfss.com
Lackland ISD	www.lacklandisd.net
Lackland Officers' Spouses' Club	www.lacklandosc.org
Lackland Public website	www.lackland.af.mil
My Air Force Life	www.MyAirForceLife.com

What's Happening

Family Support Events

JUNE 22

BMT FAMILY SEMINAR

The Air Force Basic Military Training Family Seminar is today at noon in the BMT Reception Center, Bldg. 7246.

The seminar provides information on the Air Force and its benefits to family members of graduating Airmen.

For additional information, call 210-671-3722.

JUNE 25

FAMILY READINESS BRIEFING

A mandatory family readiness briefing for personnel who are deploying is Monday, 10:30-11:30 a.m., at the Airman and Family Readiness Center. The briefing is for personnel who are deploying longer than 30 days, or who are going on remote assignments.

For additional information, call 210-671-3722.

RETURN, REUNION SEMINAR

A return and reunion seminar is Monday, 2:30-3:30 p.m., at the Airman and Family Readiness Center.

The seminar is an informal forum for family members who wish to talk about their individual experiences and the stress caused by deployment-related separations.

For additional information, call 210-671-3722.

JUNE 26

AMVET REPRESENTATIVE

An American Veterans National Service Officer is available to help with disability claims Tuesday, 8 a.m. to noon, at the Airman and Family Readiness Center.

For additional information, call 210-699-5087.

PRE-SEPARATION RETIREES' CLASS

A mandatory counseling class for retiring personnel is Tuesday, 9-11:30

Monthly Meetings

ENLISTED SPOUSES' CLUB

The Lackland Enlisted Spouses' Club meets every third Tuesday of the month at the Balfour Beatty Community Center, 6:30-8:30 p.m. For more information, visit www.lacklandesc.org.

OFFICERS' SPOUSES' CLUB

The Lackland Officers' Spouses' Club meets every third Tuesday of the month. For information, visit www.lacklandosc.org.

MILITARY COUNCIL OF CATHOLIC WOMEN

The Military Council of Catholic Women meets the first Friday of the month, 9:30 a.m., at Freedom Chapel. For information, call 210-671-4208.

On the web www.lacklandfss.com

a.m., at the Airman and Family Readiness Center.

Participants will be briefed on benefits and services.

For more information, call 210-671-3722.

DISABILITY TAP SEMINAR

A disability transition assistance

program seminar is Tuesday, 11:30 a.m. to noon, at the Airman and Family Readiness Center.

For details call 210-671-3722.

JUNE 27

RIGHT START ORIENTATION

Right Start Orientation, a class designed for Joint Base San Antonio-

Lackland newcomers, is Wednesday, 8 a.m. to 3 p.m., at the Gateway Club.

For additional information, call 210-671-3722.

FOUR TO GO CLASS

A "Four to Go" class is Wednesday, 9 a.m. to 3 p.m., at the Airman and Family Readiness Center, Bldg. 1249.

The class provides information for military members who plan to retire or are in their last re-enlistment before retirement. Areas covered include financial issues, post-retirement legal issues, employment, veterans benefits and survivor's benefits.

Call 210-671-3722 for additional information

JUNE 28

PRE-SEPARATION CLASS

A mandatory counseling class for separating personnel is Thursday, 9-11:30 a.m., at the Airman and Family Readiness Center.

Attendees will be briefed about benefits and services.

For additional information, call 210-671-3722.

DISABILITY TAP SEMINAR

A disability transition assistance program seminar is Thursday, 11:30 a.m. to noon, at the Airman and Family Readiness Center.

For details, call 210-671-3722.

FEDERAL EMPLOYMENT SEMINAR

A "How to Apply for Federal Employment" seminar is Thursday, 11 a.m. to 1 p.m., at the Airman and Family Readiness Center.

The class is a review of the civilian hiring process, including Office of Personnel Management guidance and terminology, navigating through the USAJobs website, tips for writing a federal resume, searching and applying for jobs, using Application Manager, and checking status and rating process.

For details, call 210-671-3722.



Photo by Robbin Cresswell

Texas Tigers catcher/coach Lupe Enriquez and Joint Base San Antonio-Lackland Warhawks third baseman Michael Charvat await the call at home plate during the Miken Chopper Challenge Softball Tournament Saturday.

Warhawks look to command home

By Jose T. Garza III
Sports Editor

The Joint Base San Antonio-Lackland Warhawks men's varsity softball team is looking to make a statement at the Commander's Cup tournament Saturday and Sunday.

Michael Richardson, Warhawks men's softball coach, believes the team will bounce back from fourth-place finishes at the Miken Chopper Challenge in San Antonio, and the Military Band-Aid tournament in Colorado Springs, Colo.

The fourth-place finishes were a notch below the Warhawks' second-place finish in the Memorial Day Shootout at Time Warner Cable Park, where they won four straight games before losing twice to local team Bad Decisions in the double-elimination tournament.

"They beat us twice in a row, and they hit better than us," Richardson said about their loss to Bad Decisions.

The Warhawks are currently ranked 20th in Texas in the men's varsity "D" division of the United States Specialty Sports Association.

The Commander's Cup will give the Warhawks an opportunity to get a feel for some of its military competition at the upcoming USSSA Slow-Pitch Military World Tournament in Panama City, Fla., in August.

Competition will include teams from nearby JBASA-Fort Sam Houston, Fort Hood, and Fort Bliss.

"The Commander's Cup is going to allow us to scout some military teams who we hope are going to Florida. Hopefully, we can see who we're going up against and where we are (competitively), so we know where we can get better," center fielder Brian Goelz said.

With the tournament taking place on JBASA-Lackland, Richardson said it's important for the Warhawks, which brought back four players from last year, to defend its home turf during the eight-team competitive tourney.

He expects the team to be successful in its quest for

a Commander's Cup first-place tournament trophy.

"We expect to do well and win this tournament," Richardson said. "The Commander's Cup tournament will be stiff, and it's about time we are finally getting a military softball tournament here in Texas."

"We want to defend our home field. We are no longer the team that just blows folks out with home runs. We are more athletic. We still have the pop in our bats needed to hit home runs, but we are also better defensively."

The confidence Richardson exudes trickles down through his players.

"I'm pretty confident in our team, and I believe we will win this tournament. All we have to do is hit and play good defense," said second-year Warhawks first baseman Chris Brinkhaus, who will be participating in his first Commander's Cup tournament. "I'm very excited about the Commander's Cup. There are not a lot of softball tournaments you can get excited about, but the Commander's Cup is one of them."

UPCOMING

VARSITY SOCCER TRYOUTS

The Joint Base San Antonio-Lackland varsity soccer team will hold tryouts at the Defense Language Institute English Language Center soccer field July 9 at 9 a.m.

Contact Dwayne Reed at 210-671-2725 for additional information.

SUMMER YOUTH BOWLING LEAGUE

Sign-ups for the Summer Youth Bowling League are Saturday at 9:30 a.m. with practice following registration. A \$115 fee per child includes eight weeks of bowling, shoe rental, a new bowling ball to keep and entry into the Bowl With The Stars Pro-Am & Clinic Aug. 25. Volunteer coaches are also needed.

Call 210-671-1234 for more information.

SCOREBOARD

SOFTBALL

Competitive	W	L
1. 802nd FSS	10	1
2. NIOC/ Co H	7	2
3. 343rd TRS	6	4
4. Radiology	4	5
5. 149th FW	3	5
6. 737th TRG	3	6
7. 341st TRS	3	7
8. Civil Eng Sq	1	7

Intermediate	W	L
1. 668th ALIS	14	0
2. Security Forces	13	2
3. 802nd OSS	11	3
4. 37th TRSS	11	4
5. Crypto Div	11	5
6. Dental Gp	9	5
7. IAAFA	9	6
8. AFISRA	7	6
9. 624th OC	7	6
10. AFSVA	7	7
11. 543rd Spt Sq	7	8
12. 717th MI Bn	5	10
13. 344th TRS	5	10
14. 59th CPSG	5	11
15. DLIELC	5	11
16. 802nd LRS	4	11
17. AFPAA	2	12
18. 688th IOW	1	15

Recreation	W	L
1. 433rd AFRC	9	2
2. 453rd EWS	8	3
3. 690th NSG	8	3
4. 35th IS	7	4
5. Co H/Marines	5	6
6. 802nd CPTS	4	7
7. 772nd ESG	2	9
8. 318th OSS	1	10

Father, son run for freedom

Story and photos by Airman 1st Class Daniel Thrower
Air Force Band of the West

When a member of the Air Force Band of the West disseminated a flyer to our unit for the Run for Freedom 5K, I didn't have to check my availability for the event.

I knew what I would be doing June 9, as it was my second son's 11th birthday.

I thought it would be a wonderful gift to register my son Adam, an aspiring runner, in the Run for Freedom 5K and run alongside him as his pacer. He was delighted when I proposed the idea to him.

As the big day approached, his training and conditioning were sporadic, but I was confident he could complete the three-mile run.

Atypical to his behavior on school days, he readily got up at 6 a.m. to get ready for the race.

When I got to the Basic Military Training Reception Center for registration, a flood of nostalgia occupied my mind as we wandered to the registration table to get Adam's number because I ran this race last year as a trainee.

Before my BMT experience, I was definitely not a runner.

I had won an audition with the Band of the West and began running out of necessity.

It was at this event last year that I discovered I was so energetic after the race that I could be ready to compete in five more of them.

At that moment I created a new goal for myself – to complete a marathon.

Since that event, running has become a passion for my family and I.

Our passion led us to the Freedom race, and Adam was nervous, but concluded he could earn a trophy after scouting the sparse competition in his age group.

Despite his lack of preparation, I encouraged him to do well.

He ran strong with wise pace for the first mile. The second mile was much more difficult for him, but he managed to maintain pace.

The last mile was rough for him, but I encouraged him to keep running and not walk after we ran pass some trainees.

He tried to argue with me that I'm his daddy, not his trainer, but I was adamant in pushing him hard.

Adam couldn't muster much more energy to run, telling me, "You're going to kill me."

I told him we were hitting the final stretch,



Adam Thrower, 11, son of Airman 1st Class Daniel Thrower, earned fifth place in the 14 and below group at the June 9 Run for Freedom 5K race with a time of 29 minutes, 37 seconds.

and he will feel good if he completed the race.

He finally mustered up what little energy he had to complete the race with a time of 29 minutes, 37 seconds.

We waited for the awards ceremony with great hopes, and they started with Adam's age group.

After announcing first through fourth-place winners, there was a delay in announcing the fifth-place winner before they announced Adam as the fifth-place award recipient.

After receiving the recognition, he called grandpa to tell him the great news.

Adam came home with his first trophy, on his birthday nonetheless.

I want to thank the Joint Base San Antonio-Lackland Chiefs Group for organizing this event.

My son was deeply moved by witnessing the first wave of runners with prosthetic limbs, and even one in a wheelchair, all of whom lost limbs in battle.

They ran for freedom so my boy and I could run in freedom.



Adam Thrower shows off his fifth-place trophy.